

## Whole Grain Tortillas

Good Source of Fiber and B Vitamins

16 Ounces

- **DON PANCHO:**  
White Corn Tortillas,  
Whole Wheat Tortillas
- **HANNAFORD:**  
Whole Wheat Tortillas
- **HAPPY PRODUCTS:**  
Whole Grain Corn Tortillas,  
Whole Wheat Tortillas
- **LA BANDERITA:**  
Corn Tortillas,  
Whole Wheat Tortillas
- **LA BURRITA:**  
Corn Tortillas
- **MEXAMERICA:**  
100% Whole Wheat Tortillas with a touch of Honey
- **TIA ROSA:**  
10 Wheat Tortillas



### Important Note Regarding Tofu, Brown Rice, and Canned Beans, Peas, and Lentils

These foods, and only these foods, may be purchased in slightly smaller sizes than the 16-ounce sizes printed on the WIC check (for example, 14 ounces instead of 16 ounces; 28 ounces instead of 32 ounces).

For more information on the NYS WIC Program, please visit:

<http://www.nyhealth.gov/prevention/nutrition/wic/index.htm>

This institution is an equal opportunity provider.

## Tofu

Good Source of Protein

14 - 16 Ounces

- **HOUSE - Premium or Organic Tofu:**  
Soft, Medium Firm, Firm
- **NASOYA - Organic Tofu:**  
Soft, Firm, Lite Firm, Lite Silken
- **NATURE'S PROMISE - Organic Tofu:**  
Firm
- **SOYBOY - Organic Tofu:**  
Firm, Extra Firm
- **STOP & SHOP - Organic Tofu:**  
Firm
- **WEGMANS - Organic Tofu:**  
Firm
- **WHOLE FOODS MARKET - Organic Tofu:**  
Firm



## Soy-Based Beverages

Good Source of Soy Protein

- **8th CONTINENT:**  
Soy milk - Original  
(64 Ounce Refrigerated Carton)
- **HAPPY PRODUCTS:**  
Original Happy Soy  
(32 Ounce Shelf-Stable Carton)
- **PACIFIC NATURAL FOODS:**  
Ultra Soy - Plain  
(32 Ounce Shelf-Stable Carton)



## New York State WIC Program

# ACCEPTABLE FOODS CARD

# SUPPLEMENT



This supplement includes the complete lists of tofu, soy-based beverages, whole grain bread products, whole grain tortillas, and 48-ounce plastic bottled 100% juice.



## Effective January 2010

## 100% Juice

Good Source of Vitamin C

48-Ounce Plastic Bottles



Please see the January 2009 NYS WIC Acceptable Foods Card for lists of the acceptable 11.5, 12, and 16-ounce concentrates and 64-ounce juices.

- **GRAPEFRUIT, ORANGE, PINEAPPLE:**

Any Brand

- **GRAPE:**

**Purple & White:**

Hannaford, Happy Products, Key Food, Red & White, ShopRite

**Purple:**

Nestle Juicy Juice, White Rose

- **APPLE:**

Apple & Eve, Gefen, Haddar, Happy Products, Lucky Leaf, Musselman's, Nestle Juicy Juice, Red & White, Seneca, Shurfine

- **JUICE BLENDS (100% JUICE):**

**Apple & Eve:**

Cranberry Apple, Cranberry Raspberry, Naturally Cranberry



**Happy Products:**

Apple Cherry & Grape, Apple Cranberry, Apple Mango, Apple Passion Pineapple, Cranberry Blend, Cranberry Grape, Fruit Blend

**Nestle Juicy Juice:**

Orange Tangerine

**Northland:**

Cranberry, Cranberry Grape, Cranberry Raspberry

## Whole Grain Bread Products

Good Source of Fiber and B Vitamins

16 Ounces

- **ALVARADO ST. BAKERY:**

Essential Flax Seed Bread

- **ARNOLD:**

Stone Ground 100% Whole Wheat Bread

- **CHAIM'S:**

Whole Wheat Bread, Whole Wheat Mini Rolls

- **COUNTRY KITCHEN:**

Whole Grain Wheat Italian Bread

- **HARVEST TIME:**

100% Whole Wheat Bread with Flax

- **MEHADRIN BAKERY:**

100% Whole Wheat Bread, 100% Whole Wheat Mini Mix Rolls

- **MONKS':**

100% Stone Ground Wheat Wholegrain Bread, 20 Grain and 4 Seeds Bread

- **NSA BREAD:**

Whole Wheat Bread

- **PATHMARK:**

100% Whole Wheat Bread

- **PEPPERIDGE FARM:**

Stone Ground 100% Whole Wheat Bread, Very Thin Sliced Soft 100% Whole Wheat Bread, Whole Grain Seeded Rye Bread

- **RUBSCHLAGER:**

100% Rye Rye-Ola Sunflower Bread, 100% Whole Wheat Bread, Cocktail Rye Bread, Cocktail Whole Grain Bread, European Style Whole Grain Bread



- **SARA LEE:**

Classic 100% Whole Wheat Bread

- **SHOPRITE:**

Whole Wheat Bread

- **STERN'S:**

100% Whole Wheat Bread, 100% Whole Wheat Rolls, Whole Grain Bread

- **STOP & SHOP:**

100% Whole Wheat Bread (No Salt Added)

- **STROEHMANN:**

Small Wheat Bread

- **SUNBEAM:**

100% Whole Wheat Bread

- **WEIGHT WATCHERS:**

Multi-Grain Bread

- **WINDMILL FARMS:**

100% Stone Ground Whole Wheat Bread - Hamotzie, 100% Stone Ground Whole Wheat Bread - Mezonos, Six Pak Whole Wheat Rolls

- **WONDER:**

Soft 100% Whole Wheat Bread

